

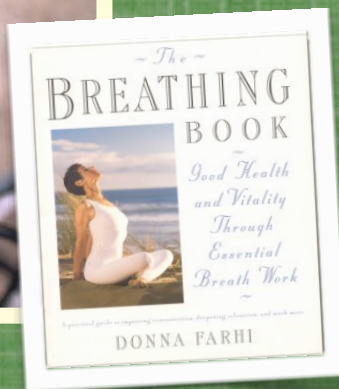
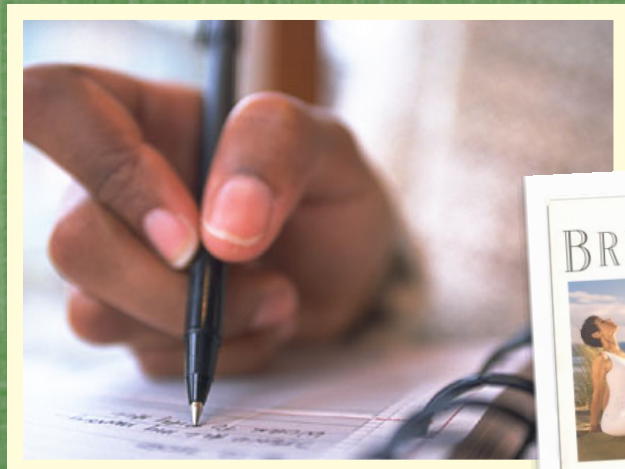
S.M.A.R.T.steps To Better Health



STEP 1: JOURNALING

PREPARING THE SOIL

WEEK 1



*"I am grateful for:
-having the time to write in my journal
-having the money to pay bills
-taking steps to improve my life
-making better food choices today"*

"I journal for 20 minutes every night"

A Different Journey

You are participating in a different type of wellness program. It was developed out of a concern that most want better health and know what to do, yet they have trouble getting the task done and sustaining the change in behavior. Without going into the details, this program uses imagery to overcome this challenge.

The program has 12 steps in four areas; rest, nutrition, physical activity, and personal development. With each "step" you will be given specific tasks to accomplish over the week, with a brief comment regarding the rationale for the tasks.

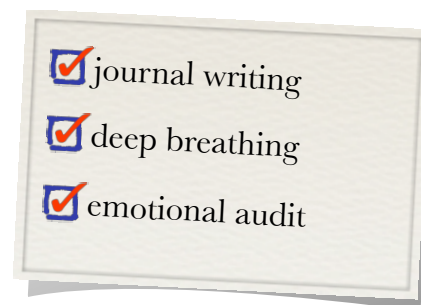
1) Gratitude Journal: You will need to get a journal that you place by your bed. For a minimum of 10 minutes

and maximum of 20, you should journal all the things in your life that you are grateful for (one liners). If you run out of things to write, just spend the time reflecting on what you have written. As you progress over the week, identify things, experiences, characteristics of people, characteristics of yourself etc. Use a timer, and when close to the end of your 10-20 minutes, star the few items that produce the most gratitude.

2) Deep ("mindful") Breathing :

Three times per day, take 3 deep breaths to relax. Do this in the morning when in the bathroom, just before lunch and just before you write in your gratitude journal in the evening. As you breathe either; 1) become aware of a body part such as your hands or 2) think "wisdom" with inhale and "health" with exhale. The goal of this effort is to frequently become mindful of the present. For more info, read "The Power of Now."

3) Emotional Audit: Realizing that we probably don't make our best decisions



when we are "swimming" in anger, see how often in the course of a day you can find your self feeling angry or with some other negative emotion such as frustration, or fear. If you find yourself frequently in a state of frustration, fear, or anger, you probably are not making the best decisions for yourself or those around you. Awareness of this is the first step to healing. Record your observation in your journal



STRATEGY

Focusing on gratitude, by the law of attraction, will bring more events to you for which you are grateful. It is good to do this before retiring. Deep breathing is a simple stress reduction technique that has other health benefits as well. The emotional audit will help you to understand how often you are in a mental state that is helpful vs. harmful to you. As you focus on gratefulness, you will spend more time in a helpful state.

